



Martin J. Chávez, Mayor

City WellNews



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October Wellness Tips

Nutrition Tip

Which comes first? Put your brew in your milk instead of milk in your brew. Fill your cup to the rim with skim milk first thing in the morning and drink down until the amount left is the amount you would normally add to your coffee or tea. Pour your coffee or tea in the cup. You will satisfy 25 percent of your daily vitamin D needs and 30 percent of the recommended daily calcium.

Fitness Tip

Step to It. Taking the stairs can cut wait time AND your waistline. Climbing a flight of stairs can save 20 seconds and burn 20 calories. Granted the edge ends after four flights, but the toning and health benefits continue.

Health Tip

Keeping stress low during the holidays. The holidays are almost upon us. Be sure to find time for yourself. Read, stretch, take a walk, drive in the car in silence, meditate, or find a room in your house that you can disappear for a short time.

October is National Breast Cancer Awareness Month!!

Breast cancer is the most common cancer in women in the United States. According to the American Cancer Society, it's estimated that About 178,480 women in the United States will be found to have invasive breast cancer in 2008. About 40,460 women will die from the disease this year. Right now there are slightly over 2 million women living in the United States who have been treated for breast cancer.

If you're worried about developing breast cancer, or if you know someone who has been diagnosed with the disease, one way to deal with your concerns is to get as much information as possible. In this section you'll find important background information about what breast cancer is and how it develops.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Although African-American women have a slightly lower incidence of breast cancer after age 40 than Caucasian women, they have a slightly higher incidence rate of breast cancer before age 40. However, African-American women are more likely to die from breast cancer at every age. Breast cancer is much less common in males; by comparison, the disease is about 100 times more common among women. The American Cancer Society estimates that in 2007 some 2,030 new cases of invasive breast cancer will be diagnosed among men in the United States.

Types of breast cancer

There are several different types of breast cancer that can be divided into two main categories - noninvasive cancers and invasive cancers. Noninvasive cancer may also be called "carcinoma in situ." Noninvasive breast cancers are confined to the ducts or lobules and they do not spread to surrounding tissues, whereas invasive breast cancers can spread to other organs in the body. For more information on breast cancer awareness visit <http://nbcam.org/>.

Source: <http://nbcam.org/> & www.cancer.org

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Flu Statistics

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccination** each year.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from flu.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

WHAT ARE THE SYMPTOMS?

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

HOW DOES FLU SPREAD?

Flu viruses spread mainly from person to person through coughing or sneezing when you have the flu. Sometimes you may become infected by touching something with flu viruses on it and then touching your mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days **after** becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

YOU CAN PREVENT FLU!

Have your flu vaccination this year. Check the calendar of events for dates and times that are convenient for you.

Source; <http://www.cdc.gov/flu/keyfacts.htm>

National Save for Retirement Week

Congress has declared October 19 – 25 National Save for Retirement Week—this is an effort to encourage employees to save additional funds for retirement.

Here are just a few reasons to start saving:

- Social Security may not be enough
- Americans are living longer and expecting more from their retirement years than ever before
- Build retirement security
- Rising cost of healthcare

The City of Albuquerque has three Deferred Compensation programs to help you meet your retirement goals.

We encourage you to take action today to ensure you have a bright and rewarding tomorrow.

For additional information, contact any of our three Deferred Compensation vendors:

ICMA

Steve Lopez
505-842-8610
slopez@icmarc.org

Nationwide

Linda Miller
866-827-6639 ext 44415
millel45@nationwide.com
www.newmexico457dc.com

ICMA

Dennis Dexel
505-899-5011
ddexel@icmarc.org

AIG Retirement (VALIC)

Jeremy Mitchell
505-263-4180
Jeremy.Mitchell@aigretirement.com

Mayor's Monthly Green Tip

As much as 50 percent of the average household's energy consumption goes to heating and cooling the home. But properly sealed windows can help insulate your home, reducing the energy consumed--and money spent--to maintain indoor temperature. Here are some ways to up window efficiency:

- Seal all edges and cracks with caulk.
- Install weather stripping in the frame.
- Hang curtains or drapes to limit heat gains in the summer and losses in the winter.

Source: <http://www.thegreenguide.com>

Fruit of the Month: Persimmons



Persimmons origins go back to ancient China. Fate intervened in the 1880's when a United States Commander brought back a native Japanese persimmon variety to Washington, D.C. Now, persimmons are grown in California where hundreds of different varieties flourish. This brightly colored, glossy orange red skinned fruit is an excellent source of vitamin A, a good source of vitamin C, and rich in fiber.

Although there are countless different varieties of persimmons, only two are commercially available. There are distinguishable by their shape.

Hachiya: This type of persimmon makes up approximately 90 percent of the available fruit. It is identifiable by its acorn like shape. This persimmon is tart until it becomes soft ripe.

Fuyu: This persimmon is gaining popularity here as it is in Japan. Similar in color, but looking like a squashed tomato, this variety is smaller, sweeter, and is edible while still firm.

Recipe

Persimmon and Apple Salad

Makes 6 servings

Each serving equals 1/2 cup of fruit or vegetables

Ingredients

1 Tbsp walnut pieces, toasted

2 Tbsp orange juice

1 Tbsp sherry vinegar

1 Tbsp olive oil

3 sweet variety apples, rinsed, cored, and thinly sliced lengthwise

3 firm-ripe Fuyu persimmons, rinsed, stemmed, and thinly sliced lengthwise

In a bowl, combine orange juice, vinegar, and olive oil. Add apples, persimmons, and toasted walnuts and mix to coat.

Nutritional analysis per serving: Calories 90, Protein 0g, Fat 3g, Calories From Fat 29%, Cholesterol 0mg, Carbohydrates 16g, Fiber 3g, Sodium 15mg.

Source: <http://www.fruitsandveggiesmatter.gov/month/persimmons.html>

Eye Safety Quiz: Test Your Knowledge About Eye Safety

Nearly one million Americans have lost some degree of sight to an eye injury. According to the Bureau of Labor Statistics, more than 2,000 workplace eye injuries occur each day, and these eye injuries cost an estimated \$1 billion each year. Nearly 100,000 of these injuries will be disabling, resulting in temporary or permanent vision loss. Learn more about protecting your eyes by taking this quiz.

1. Using a computer terminal won't damage your eyes.
True or False
2. Safety glasses can be bad for your eyes.
True or False
3. Safety glasses that have scratches or pits do not need to be replaced.
True or False
4. Contact lenses provide enough safety in a work environment so you don't need safety glasses.
True or False
5. Face shields by themselves offer adequate eye protection.
True or False
6. Industrial safety glasses can be made with your own prescription.
True or False
7. All eyeglasses sold in the U.S. are required to be impact resistant.
True or False
8. The differences between glass, plastic and polycarbonate lenses are minimal.
True or False
9. Proper occupational safety eyewear is available outside the workplace.
True or False
10. Serious eye injuries usually happen only at work.
True or False

Sources: www.eyecareamerica.org & www.preventblindness.org

CALENDAR OF EVENTS

SPECIAL EVENT

DATE: 10/9/08

TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

"THE FACTS ON BREAST CANCER"

SPEAKERS: DR. THOMAS AND DR. TARNOWER

SPECIAL EVENT

HOW TO TAKE CONTROL OF YOUR MENTAL HEALTH

A TELEPHONE WELLNESS SEMINAR: FREE TO ALL EMPLOYEES

DATE: 9/10/08

TIME: 12:00 PM – 1:00 PM

PRE-REGISTER ONLINE AT:

[HTTP://WW4.PREMCNF.COM/WEBRSVP](http://ww4.premconf.com/webbrsvp)

CONFIRMATION CODE: 9469281

SPECIAL EVENT

DATE: 10/21/08

TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

"THINK WELL"

SPEAKER: DR. ALLEN MINER

SPECIAL EVENT

DATE: 10/28/08

TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

"MOVE WELL"

SPEAKER: DR. ALLEN MINER

Eye Safety Quiz: Answers

1. **TRUE:** There is no clinical evidence showing that video display terminals can damage your eyes.

1. **FALSE:** Safety eyewear is made of optical-quality glass or plastic. Looking through them, even for long periods of time does not affect your vision.

3. **FALSE:** Protective eyewear with scratched, pitted lenses or damaged frames are less resistant to impact and should be replaced. Safety eyewear should be regularly inspected, repaired and, if necessary, replaced.

4. **FALSE:** Contact lenses can be used in the workplace but ONLY when worn with other appropriate eye protection.

5. **FALSE:** A face shield provides adequate protection only when used together with the right safety glasses or goggles.

6. **TRUE:** Industrial lenses can be made to fit most prescriptions.

7. **TRUE:** But, there's a catch: while all eyeglasses must be impact resistant, they are not impact-proof. Industrial-type safety eyewear (both lenses and frames) must meet more stringent standards than regular eyeglasses or sunglasses. Protective eyewear that meets the industrial standard, ANSI Z-87, must be marked with the manufacturer's logo on each lens and with "Z-87" on all component parts (frames, temples, etc.).

8. **FALSE:** Polycarbonate lenses are by far the strongest and most impact resistant. Plastic and polycarbonate lenses are lighter, protect against welding splatter and are less likely to fog. Glass lenses provide good scratch resistance and can withstand chemical exposure.

9. **TRUE:** Home care centers, hardware stores, safety equipment suppliers and optical shops are good places to start. Protectors for home use must have the ANSI Z-87 mark on their frames. Sports protectors should indicate that they have been tested for the appropriate sport.

10. **FALSE:** There are also many home activities that require industrial-grade eye protection and sports that require special sports protectors. Not wearing protective eye gear may cause serious eye injuries.

Topics you would like us to discuss in City WellNews?

Contact:

JD Maes

jmaes@cabq.gov 768-2921

Questions about Insurance & Benefits?

Contact:

**The Insurance & Benefits Office
768-3758**